

Gold #3H

Consider student needs in planning for a healthy school nutrition environment by asking students for input and incorporating their feedback into policymaking.



Definition: The best way to get students to eat healthy is to ask them what they like. To meet this criterion you will need to get input from the students when making changes to the school nutrition environment.

Rationale: Finding out what children like is one of the best ways to influence them to do something. No education policy is likely to be effective if it is not accepted by those it will affect. Students need to be actively involved in development, revision, and review of policies.¹

1. NSABE Boardmanship Review, *Characteristics of Good Policy Research*, January 1998.

Resources

Changing the Scene

A Guide to Local Action Pages 22 & 28

Assignments

School Coordinator Assignments

- Determine the best way to include students in the decision making process for your school

Mentor Assignments

- Provide school coordinator with ideas/resources for including students
 - Develop surveys, polls, etc.
 - Tally results
- Help implement student involvement
- Write a description for mid-year and end-year reports

Gold #3H Ideas

- Create a survey to get students input
- Poll younger grades that cannot fill out a survey
 - Have a set of questions for teachers to ask, then have each teacher turn in results
- Include students on a council that makes decisions at your school
- Go one step further and get parents input
- Create a student Gold Medal Schools Council

Student Involvement Description Template

A description must include specific details describing how the school completed the criteria. If you are writing a description for criteria that the school achieved in previous years please include a description of what the school is doing **this year** to maintain that level not what they did in previous years.

A Gold Medal Schools description does not require an Intent, Rationale, Reinforcement, or the principal's signature. Use this template to write your description (all information is required).

A sample description for this criterion is provided on the next page.

The description must include...

- ❑ A description of how students input was received when making changes to the school's nutrition environment
- ❑ A description of the changes made from student input



Student Involvement Description

Green Meadow Elementary decided to use student input to help them fulfill criteria Gold 3A. The mentor developed a survey to get students input on what kinds of nutritious food they would want to be offered outside of school meals. Students in the 2nd-6th grades filled out a survey. The survey included multiple choice and open-ended questions. The survey results were calculated and the most popular foods listed were included as choices for students outside of school meals.

Sample Nutrition Survey 1

Grade	1 2 3 4 5
Teacher	
Do you like school lunch?	Yes No
How many days a week do you eat school lunch?	1 2 3 4 5
What is your favorite school lunch?	
What fruit would you like to be added to school lunch?	
What vegetable would you like to be added to school lunch?	

Sample Nutrition Survey 2

1. How often do you eat breakfast?

- a. every day
- b. most days
- c. some days
- d. never

2. Where do you eat breakfast? (please circle one)

- a. at home
- b. at school
- c. both

3. What do you usually eat for breakfast?

4. What would be one healthy food you could eat for breakfast?

5. How often do you eat Lunch?

- a. every day
- b. most days
- c. some days
- d. never

6. Do you bring your lunch from Home, usually eat school lunch, or do both? (please circle one)

7. If the lunch room could serve any food, what would you want it to be?

8. What do you like best about school lunch or lunch brought from home?

9. What food(s) served at school don't you like?

10. What would you suggest to make school lunch or breakfast better?

11. How often do you take a fruit or vegetable to eat at lunch?
- a. every day
 - b. most days
 - c. some days
 - d. I don't like fruits or vegetables

12. What is your favorite lunch served at school?

13. What do you drink during lunch? _____

14. At home, do you eat healthy? _____ What do you eat?

15. What one thing could you do to be more healthy?

Thank you for taking this survey!!